

CLAIMS

What is claimed is:

1. An exercise apparatus comprising:
 - 5 a generally rectangular frame having a pair of end members and a pair of spaced apart parallel side rail members forming part of said frame, wherein each said rail member has an outwardly open T shaped slot;
a moveable carriage mounted on said frame for movement along said rail members between said end members, said carriage having a generally flat
10 upper surface, a pair of spaced shoulder stops mounted to said upper surface of said carriage and a plurality of support/guide wheel assemblies mounted to an underside of said carriage; and
a generally U shaped trapeze assembly removably fastened in said T shaped slots.
- 15 2. The exercise apparatus of claim 1 wherein said trapeze assembly comprises an arched frame portion joining two parallel frame legs and an adjustable leg support bracket assembly fastened to each of the frame legs, each said bracket assembly clamping the trapeze frame leg to the reformer
20 frame via the T shaped slot.
3. The exercise apparatus of claim 2 wherein a free end of each trapeze frame leg has a longitudinal open slot therein and a first closed longitudinal slot spaced from the open slot.
- 25 4. The exercise apparatus according to claim 1 wherein said trapeze assembly is foldable between an upright operating position and a storage position generally parallel to said rail members of said rectangular frame.

5. The exercise apparatus of claim 4 wherein said trapeze assembly comprises an arched frame portion joining two parallel frame legs and an adjustable leg support bracket assembly fastened to each of the frame legs, each said bracket assembly clamping the trapeze frame leg to the reformer frame via the T shaped slot.

6 The exercise apparatus of claim 5 wherein a free end of each trapeze frame leg has a longitudinal open slot therein and a first closed longitudinal slot spaced from the open slot.

7. The exercise apparatus of claim 5 wherein said adjustable leg support bracket assembly comprises:

an elongated inner plate having a cross sectional outer shape complementary to the T shaped slot so as to slide within the slot;

a rectangular spacer tube fastened to an outer face of the inner plate adjacent to a clamp portion of the inner plate; and

an outer bracket plate fastened to the spacer plate, the bracket plate having a pair of spaced upper and lower holes therethrough each for receiving a clamp bolt therethrough.

8. The exercise apparatus of claim 7 wherein a free end of each trapeze frame leg has a longitudinal open slot therein and a first closed longitudinal slot spaced from the open slot.

9. The exercise apparatus of claim 8 wherein each clamp bolt passes through one of the trapeze frame legs through one of the slots in the one trapeze frame leg.

10. The exercise apparatus of claim 9 wherein a lower one of the clamp bolts passes through the outer plate, the open slot, and into the clamp portion of the inner plate.

5 11. An exercise apparatus comprising:

a generally rectangular frame having a head end, a foot end and a pair of spaced apart parallel rail members therebetween, each of said rail members including an outwardly open T shaped longitudinal slot therein;

10 a movable carriage mounted on said frame for movement along said rail members between said head and foot ends, said carriage having a generally flat upper surface, a pair of spaced shoulder stops mounted to said upper surface and a head rest extending toward said head end from said upper surface of said carriage;

15 a plurality of elongated elastic members extending between said carriage and said foot end of said frame;

a foot support assembly mounted to said frame near said foot end comprising a U shaped foot bar having a pair of spaced parallel leg portions each forming a support member, each support member being fastened to a foot bar support bracket assembly, each said foot bracket assembly
20 having an elongated anchor bar member slidably disposed in one of said slots in said rail members; and

a generally U shaped trapeze assembly removably fastened in said T shaped slots near said head end of said frame.

25 12. The exercise apparatus of claim 11 wherein said trapeze assembly comprises an arched frame portion joining two parallel frame legs and an adjustable leg support bracket assembly fastened to each of the frame legs, each said bracket assembly clamping the trapeze frame leg to the reformer frame via the T shaped slot.

13. The exercise apparatus of claim 12 wherein a free end of each trapeze frame leg has a longitudinal open slot therein and a first closed longitudinal slot spaced from the open slot.

5 14. The exercise apparatus according to claim 11 wherein said trapeze assembly is foldable between an upright operating position and a storage position generally parallel to said rail members of said rectangular frame.

10 15. The exercise apparatus of claim 14 wherein said trapeze assembly comprises an arched frame portion joining two parallel frame legs and an adjustable leg support bracket assembly fastened to each of the frame legs, each said bracket assembly clamping the trapeze frame leg to the reformer frame via the T shaped slot.

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16 The exercise apparatus of claim 15 wherein a free end of each trapeze frame leg has a longitudinal open slot therein and a first closed longitudinal slot spaced from the open slot.

20 17. The exercise apparatus of claim 15 wherein said adjustable leg support bracket assembly comprises:

an elongated inner plate having a cross sectional outer shape complementary to the T shaped slot so as to slide within the slot;

25 a rectangular spacer tube fastened to an outer face of the inner plate adjacent to a clamp portion of the inner plate; and

an outer bracket plate fastened to the spacer plate, the bracket plate having a pair of spaced upper and lower holes therethrough each for receiving a clamp bolt therethrough.

30 18. A generally U shaped trapeze assembly for mounting to a reformer exercise apparatus having parallel frame rails and each rail having an

outwardly open T shaped slots in the rail, the trapeze assembly comprising:
an arched frame portion joining two parallel trapeze frame legs; and
means riding in the slots for adjustably clamping each of the trapeze
frame legs to the frame rail via its slot.

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19. The assembly according to claim 18 wherein the clamping
means is an adjustable leg support bracket assembly fastened to each of the
trapeze frame legs, each said bracket assembly clamping the trapeze frame leg
to the reformer frame via the T shaped slot.

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20. The assembly according to claim 19 wherein bracket assembly
comprises:

an elongated inner plate having a cross sectional outer shape
complementary to the T shaped slot so as to slide within the slot;

15 a rectangular spacer tube fastened to an outer face of the inner plate
adjacent to a clamp portion of the inner plate;

an outer bracket plate fastened to the spacer plate, the bracket plate
having a pair of spaced upper and lower holes therethrough; and

20 a pair of clamp bolts in the holes to fasten the frame leg to the outer
bracket plate.